



MethSMART* and the *SMARTMoves Series

Executive Summary

There are few more serious threats to today's youth than methamphetamines, alcohol, tobacco, and other drugs. Evidence supports the basic premise that prevention is the most humane and cost-effective response to tobacco and drug and alcohol-related problems among youth.

During a series of round table discussions at the recent Crime Prevention Conference in Washington, D.C., law enforcement delegates from all over the country noted there's no longer a definitive separation between "gateway drugs" and hard-core drugs. Youth all over the Country, and in Idaho, are experimenting with some of the most deadly array of narcotics, including methamphetamines.

According to a recent statewide survey conducted by GFK Roper:

- One in twenty-five Idaho teens (4%) admit to having tried meth. By the time they reach young adulthood, about one in seven (14%) will report usage.
- Of those that have used Meth, 19% report their first use occurred when they were 12 or under and 10% report being under 10 years old.
- About one in ten Idaho teens says he or she has close friends who use meth (11%) and/or have friends who have been in treatment for meth use (8%).
- These numbers nearly double as teens grow into young adults—at least one in five have close friends who use meth (20%) and/or have been treated for meth use (26%).
- About one in six teens (17%) and young adults (15%) have family members who have been in treatment for meth.

Professionals in the fields of intervention and treatment site effective prevention programs as having a direct and lasting impact on a youth to make educated decisions on whether to engage in substance abuse factors.

The ***MethSMART*** curriculum and the ***SMART Moves series*** are at the centerpiece of a profound national offensive to reach thousands more at-risk youth. Children are vulnerable to stress of social changes in America as never before. More and more frequently, they are presented with opportunities to engage in high-risk behaviors that have tragic, long-term consequences.

The Boys & Girls Clubs of Idaho are proposing to launch the ***MethSMART*** curriculum and expand the ***SMART Moves*** series throughout the Boys & Girls Club communities in Idaho.

These programs equip our young people with basic life skills, problem-solving and decision making abilities and communication skills, all designed to boost their self-confidence, self-esteem and sense of security.

Total Project Cost: \$294,060
Total Dollars requested \$147,030

II A. Organizational Background:

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History:

Boys & Girls Clubs of America have been in the forefront of youth development since 1860 working with young people from disadvantaged economic, social, and family circumstances. In 1945 the Lewiston Boys Club became the first chartered organization in Idaho. .

Today, there are six organizations serving more than 20,000 young people in the following Idaho communities:

| | | |
|------|----------------|--|
| 1945 | Lewiston | <u>Boys & Girls Clubs in the State of Idaho</u> |
| 1994 | Twin Falls | •20,490 unduplicated youth served in 2007 |
| 1997 | Garden City | •9 Boys & Girls Club locations in Idaho |
| 1998 | Lapwai | •Average daily attendance of 1,300 |
| 1998 | Mountain Home | •86% of income from private sector. |
| 2000 | Nampa | •\$3.5 million combined operating budget |
| 2003 | Buhl | |
| 2003 | Meridian | |
| 2007 | Post Falls/CDA | |

Future locations: Pocatello, Idaho Falls, Blackfoot.

With the increasing number of single parent households, coupled by demands of two parent working families; far too many of our young people are left alone after-school and during the summer to find their own recreation.

Now more than ever, we need programs to help guide our young people. The Boys & Girls Clubs of Idaho continues to look for ways to expand our services to those children who need us most. Our outreach over the past ten years is proof that there is a tremendous need for our program.

The Clubs offer young people what they need and want most: adults who respect and listen to them; a safe environment where they can have fun and be themselves; and interesting, constructive activities that channel youthful energy into challenging pursuits.

The Boys & Girls Club programs work.

An independent survey of Boys and Girls Club alumni conducted by Louis Harris & Associates Inc., overwhelmingly reported that the Boys and Girls Clubs had a positive influence on their lives

- 96% "Had a positive impact on my life"
- 94% "Taught me leadership skills"
- 92% "Is important to success later in life"
- 96% "Helped me learn how to get along with people"
- 52% "Participating in the Club really saved my life"

Mission of the Boys & Girls Clubs of Idaho Alliance:

SMART Moves & MethSMARTS

To expand the outreach of the Boys & Girls Clubs of Idaho, strengthening existing programs, establishing new Clubs, and helping provide solutions for critical youth issues of highest priority in our local communities

Purpose:

- ✓ To provide a mechanism for joint decision making, communication and cooperative action among Clubs.
- ✓ To promote public awareness of youth development and challenges facing youth today.
- ✓ To provide a means for distribution of government and grant funding to support the programs and outreach efforts of the Boys & Girls Clubs of Idaho.

Proven Programs

The Boys & Girls Clubs of Idaho implement hundreds of youth development programs throughout the year in the following Core program areas:

Character and Leadership Development: This Core Program area empowers youth to support and influence their Club and community, sustain meaningful relationships with others, develop a positive self-image, participate in the democratic process, and respect their own and others cultural identities. Examples: Keystone Club, Torch Club, Youth of the Year, Talking with T.J., Jr. Staff, community service projects, youth councils, etc

Education and Career Development: This Core Program area enables youth to become proficient in basic educational disciplines, apply learning to everyday situations, and embrace technology to optimize employability. Examples: Power Hour, homework help, The Ultimate Journey, tutoring, educational games, motivational reading programs, internet exploration, etc.

Health and Life Skills: This Core Program area develops young people's capacity to engage in positive behaviors that nurture their own well-being, set personal goals, and develop competencies to live successfully as self-sufficient adults. Examples: *SMARTMoves*, Crest Smile, Job Ready, Passport to Manhood etc.

The Arts: This Core Program area enables youth to develop their creativity and cultural awareness through knowledge and appreciation of visual and tactile arts and crafts, performing arts, and creative writing. Examples: drawing, dance, painting, photography, puppetry, sculpture, storytelling, etc.

Sports, Fitness and Recreation: This Core Program area develops fitness, positive use of leisure time, skills for stress management, appreciation for the environment, and social and interpersonal skills. Examples: golf, billiards, table tennis, board and table games, aerobics, jump rope challenge, athletic leagues, skiing, tournaments etc.

The Boys & Girls Clubs of Idaho Alliance Board & Staff

SMART Moves & MethSMARTS

The State Alliance is governed by the State Alliance Board of Directors in accordance with the provisions of the constitution and by-laws established by Boys & Girls Clubs of America. In addition, each organization has their own local Board of Directors made up of community leaders. The primary responsibility for a board member is to provide oversight to the corporation by setting policy, providing strategic direction and develop the necessary resources to meet the mission of the organization.

Alliance Board

| | |
|-----------------|------------------|
| Scott Hoffman | Chair-Lewiston |
| Nick Treinen | Vice Chair-Nampa |
| Brian Bolton | Twin Falls |
| Stefani Bales | Kootenai County |
| Kevin McCartney | BGCA |
| John Oliphant | BGCA |

Operating Committee

| | |
|-----------------|--------------|
| Colleen Braga | Ada County |
| Sam Fowler | Twin Falls |
| John Evans | Lewiston |
| Mitch Minnette | Nampa |
| Ryan Davis | Kootenai Co. |
| Mark Kuhnhausen | Director |

Boys & Girls Clubs of Idaho Combined Budget/2007 actual

EXPENSE

| | |
|--|--------------------|
| Program Expenses | \$2,722,710 |
| Management and General Services Expenses | \$ 685,157 |
| Fundraising Expenses | <u>\$ 252,393</u> |
| Total Expense | \$3,660,260 |

INCOME

| | |
|--------------------------------------|-------------------|
| Federal Government Grant Income | \$ 522,113 |
| State Government Grant Income | \$ 39,561 |
| Local Government Grant Income | \$ 21,000 |
| Tribal Government Grant Income | <u>\$ 156,669</u> |
| Total Government Grant Income | \$ 739,353 |

| | |
|--|---------------------|
| Bequests | \$ 0 |
| Contributions from Individuals | \$1,123,395 |
| Contributions from Corporations | \$ 661,276 |
| Contributions from Trusts & Foundations | \$ 393,691 |
| Special Events (net after expenses) | \$ 871,254 |
| Income from United Way | \$ 342,832 |
| Non Government Pass Through Grants from BGCA | \$ 21,800 |
| Value of Contributed Services | \$ 22,163 |
| Dues from Members | \$ 119,574 |
| Day Care Fees | \$ 0 |
| Program Activity Fees | \$ 731,673 |
| Resident Camp Fees | \$ 0 |
| Investment Income | \$ 230,341 |
| Rental Income | \$ 16,189 |
| Concessions (net after expenses) | \$ 4,010 |
| Other Income | <u>\$ 4,418</u> |
| Total Income | \$5,281,759* |

*Includes contributions for designated capital projects

II B. Purpose of Request: Goals and Outcomes

SMART Moves & MethSMARTS

The Boys & Girls Clubs of Idaho request \$ 147,030 for the purpose of launching statewide methamphetamine education and prevention program called MethSmart, and expanding our current **SMART Moves** series to serve 675 Idaho youth.

The **SMART Moves** series was developed in response to sound research examining juvenile delinquency and prevention. The program aims to prevent substance abuse, early sexual behavior among children and youth, and other forms of delinquent behavior by:

- Providing factual information to help youth make well informed choices;
- Increasing awareness of the consequences of such behaviors; and
- Fostering protective factors through leadership training, skills building, and training for effective communication.

The objective of the **MethSMART** and the **SMART Moves** programs are to prevent or delay the onset of meth, tobacco alcohol and other drug use, and sexual involvement by young people. This is accomplished by:

- Increasing participants' knowledge about alcohol, Meth, other drugs and sexuality.
- Increasing communication among staff members, parents, guardians and Club members regarding Meth, alcohol, tobacco, other drugs and adolescent sexual involvement.
- Helping pre-teens identify and resist peer and media pressures to use alcohol and other drugs, and understand the physical and social changes taking place in their lives.

The **SMART Moves** series is comprised of the following components:

SMART Kids: A skills development program for boys and girls ages 6 to 9. The program focus is on self-awareness, decision-making and interpersonal skills, while communicating age appropriate information about alcohol, tobacco and other drugs.

Start SMART: A resistance skills program for youth ages 9 to 12 that focuses on ways to identify and resist peer, social and media pressures to use alcohol, tobacco and other drugs. It includes age appropriate discussions of adolescence and friendships.

Stay SMART: A social skills program for adolescents ages 13 to 15 that teach resistance skills, stress reduction techniques, communication skills, life planning.

SMART Parent s: A program for parents that emphasizes communication skills and factual information about alcohol, tobacco, and other drugs.

MethSMART: A program developed in 2006 by the Arizona Alliance of Boys & Girls Clubs utilizing the principals and proven techniques of the Smart Moves curriculum. This program was designed specifically to educate young people and parents on the myths and dangers of methamphetamine use.

II C. Organizational Capacity

The Boys & Girls Clubs of America has long recognized the importance of developing life skills in young people which allow them to cope with the stresses and challenges which are part of making the transition to adulthood. Without guidance, a constructive environment, and opportunities to be involved in positive activities, young people can easily fall into behavior patterns that will negatively influence them the rest of their lives.

The Clubs in Idaho are well organized, financially stable, and positioned to do even more for the young people in Idaho. The Boys & Girls Clubs of Idaho are looking for ways to partner with the State to address some of the critical issues facing our children as they make their way from adolescence to adulthood. Teaching kids resistance skills and giving them the courage to choose right from wrong is at the heart of our **SMART Moves** program. Through the **SMART Moves series**, Boys & Girls Club members will learn and practice such life skills. They will also benefit from a support system consisting of professionals and volunteers experienced in youth work, who know how to listen, respond, care and serve as role models.

Program Accomplishments

SMART Moves is:

- Recognized as one of 10 exemplary primary prevention programs by the U.S. Office of Substance Abuse Prevention, the National Association of State Alcohol and Drug Abuse Directors, and the National Prevention Network.
- Lauded as a premier national prevention program by the White House Conference for a Drug-Free America as well as the Children's Defense Fund.
- Cited for its parent training component by the Office of the Inspector General of the U.S. Department of Human Services Administration.
- Noted for its effectiveness in a study conducted by the Center for Health Policy Research of The Pennsylvania State University.
- Singled out for praise in *The Making of a Drug Free America: Programs That Work* by Mathea Falco (former Assistant U.S. Secretary of State for Narcotics Affairs).

We recognize we cannot do this alone and plan to partner with local health care programs, schools, local juvenile probation/diversion programs, and other community based organizations interested in the health and safety of our children.

To accomplish our goals each Boys & Girls Club organization will hire, train and/or assign a qualified staff member(s) to coordinate the **MethSMART** program and expand the **SMART Moves** series.

The responsibilities of the coordinator will be to manage all aspects of the program including:

SMART Moves & MethSMARTS

- Recruiting participants
- Training and supervising prevention team members
- Scheduling and facilitating small group programs
- Planning and implementing Club/community events
- Record-keeping
- Publicity
- Evaluation of the program and compilation of year-end report.

Involving our Kids & Parents

The philosophy that underlies all Boys and Girls Club programming is the **Youth Development Strategy**. This strategy incorporates in all programs and activities four basic “senses” or feelings. When this is accomplished and instilled in our young people, it creates self-esteem and develops responsible citizens and leaders. These four senses are:

A sense of belonging: An environment where young people know they are welcome, where they fit in and are accepted. This principle of youth development happens naturally in the Club. Children are greeted when they come to the Club, staff members, volunteers and their friends know them and are glad to see them.

A sense of usefulness: The opportunity to do something of value for others. It is important for young people of all ages to seek out opportunities to do something recognized as useful for others, whether it is helping out at the Club or participating in community service activities.

A sense of competence: Creates feelings of pride when young people know they can do something and do it well. This sense is enhanced through a conscious effort to help girls and boys develop skills and to recognize them formally and informally for their achievements.

A sense of power and influence: A chance to be heard and influence decisions. This principle is enhanced through participation in youth councils, discussion groups, interest surveys and opportunities to contribute to the development of Club rules and programs.

D. Process

Building on the skills that our professional staff has developed through years of experience and training working with high risk youth, the Boys & Girls Clubs of Idaho proposes a 12 month prevention project that will take place in 9 Idaho communities. Adult volunteers, youth peer leaders, Club members and staff will work as a team to plan and implement Boys & Girls Clubs of America’s national meth, tobacco, alcohol, and other drug prevention programs.

SMART Moves is unique among prevention programs in that:

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- **SMART Moves** is a leading national prevention program currently addressing the problems of meth, alcohol, tobacco, other drug use and teen pregnancy in one comprehensive curriculum.
- **SMART Moves** consists of a team of staff, parents, community representatives and older Club members to impart the knowledge and teach the skills needed by young people to avoid meth, alcohol, tobacco, other drugs and premature sexual involvement.
- **SMART Moves** actively involves parents in the prevention effort.
- **SMART Moves** uses teen leaders who act as role models to younger people.

Action Plan/Schedule of programs

| TASK | COMPLETION DATE |
|--|---|
| Recruit & organize prevention team consisting of staff, parents, community representatives and teen leaders ages 16 to 18. | May 2009 |
| Prevention team attends Boys & Girls Club training | June |
| Publicize program(s) in the Club and community. | July |
| Recruit Club members & parents for Smart Moves programs | July |
| Implement the following programs throughout the year. | |
| SMART Kids (ages 6 to 9) 10 weekly sessions. | TBA |
| Start SMART (ages 10 to 12) 10 weekly sessions. | TBA |
| Stay SMART (ages 13 to 15) 10 weekly sessions. | TBA |
| MethSMARTS (ages 6 to 9) Series of 6 week sessions | Multiple Classes July 2009/June 2010 |
| MethSMARTS (ages 10 to 13) Series of 6 week sessions | Multiple Classes July 2009/June 2010 |
| MethSMARTS (ages 14 to 18) Series of 6 week sessions | Multiple classes July 2009/June 2010 |
| MethSMARTS (parents) Series of 6 week sessions | Multiple Classes July 2009/June 2010 |

MethSMART and **SMART Moves** is now used successfully in communities across the nation. The program is based on a resistance training/social skills model. Using small group activities, it teaches young people to recognize and resist media influences and

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peer pressures to engage in alcohol, tobacco, other drug use and early sexual involvement.

MethSMART and **SMART Moves** recognizes that in addition to resistance training and the development of social skills, self-esteem is a very important factor in regulating basic human drives and attitudes. When children are made to feel that they matter, that they have a unique contribution to make, and when they are helped to understand their feelings, they are less likely to endanger their own health or that of others by indulging in behaviors that put them at risk.

SMART Moves also recognizes that in order for youth to learn and apply prevention principles, prevention programs must include parents and members of the community.

SMART Moves uses a team approach to implement the program. The prevention team consists of Club staff, community representatives, parents and older teens. While young people are taught skills to prepare them to face educational challenges, at critical stages of psychological, emotional and intellectual development they are often not taught the skills needed to make the transition from childhood to adulthood and to resist alcohol, tobacco, other drugs and premature sexual activity. Our children are growing up in very stressful times, and we need to do more to help them.

Utilizing the **MethSMART** and **SMART Moves** curriculum, 675 youth will be involved in small group prevention activities with more than 2500 kids involved in Club/community-wide prevention activities;

II. E. Evaluation Assessment methods

To assess the effectiveness of the overall program the Boys & Girls Clubs will contract with a third party administrator to evaluate the comprehensive on-line pre and post questionnaire designed to assess the knowledge gained while participating in the program including:

1. Does participation in the **SMART Moves & MethSMART** components increase youths' knowledge about methamphetamines, tobacco, alcohol, and other drugs?
2. Does participation in the **MethSMART** and **SMART Moves** component increase youth's knowledge about assertiveness skills?

In addition participating organizations will submit quarterly reports to the Alliance Director that will include: program observation, participation records, volunteer involvement parent feedback, and obstacles to overcome.

Furthermore, at the conclusion of the program series, each organization will internally evaluate their program with all participants including: staff, parents, volunteers, and members to highlight the success of the program and identify areas that need improvement.

A final report will be compiled on the number of youth, parents, professional and volunteer staff, and others in the community who participated in **MethSMART** and the **SMART Moves** series. The report will contain the results of the pre-post test surveys,

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descriptions of Club/community prevention events and the number of people involved, as well as descriptions of community service projects undertaken.

F. Sustainability

With the support from the Idaho Millennium fund, the Boys & Girls Clubs of Idaho will have the resources to kick off the **MethSMART** program statewide and expand our current **SMART Moves** programming.

The Millennium Fund, given its mission, is a natural partner to help the Boys & Girls Clubs of Idaho launch this powerful MethSMART across the state. Once this program is implemented, we plan to leverage this funding to secure additional partners.

Very few organizations are as effective at leveraging support from the private support as the Boys & Girls Clubs. Armed with research, proven results, and a marketing plan, the Boys & Girls Clubs of Idaho will seek additional support from individual investors, corporations, and foundations to continue to teach our young people the resistance skills necessary to avoid negative peer pressure.

| III. Budget | Millennium | BGCI Investment | Total |
|-------------------------------------|----------------|-----------------|----------------|
| Personnel Costs | | | |
| Salaries | 118,200 | 118,200 | 236,400 |
| Benefits | 17,730 | 17,730 | 35,460 |
| Total Personnel Costs | 135,930 | 135,930 | 271,860 |
| Operating Expenditures | | | |
| 1 Travel & Training | 1,700 | 1,700 | 3,400 |
| 2. Program supplies/curriculum | 2,450 | 2,450 | 4,900 |
| 3. Awards/Incentives | 2,200 | 2,200 | 4,400 |
| 4. Evaluation/Outcome measurements | 3,000 | 3,000 | 6,000 |
| 5. Marketing/printing | 1,750 | 1,750 | 3,500 |
| 6. | | | 0 |
| 7. | | | 0 |
| 8. | | | 0 |
| 9. | | | 0 |
| 10. | | | 0 |
| Total Operating Expenditures | 11,100 | 11,100 | 22,200 |
| Capital Outlay | | | |
| 1. | | | 0 |
| 2. | | | 0 |
| 3. | | | 0 |
| 4. | | | 0 |
| 5. | | | 0 |
| 6. | | | 0 |
| 7. | | | 0 |
| Total Capital Outlay | 0 | 0 | 0 |
| Trustee Benefit Payments | | | |
| Total T/B Payments | | | 0 |
| TOTAL BUDGET | 147,030 | 147,030 | 294,060 |
| % TOTAL | 50.0% | 50.0% | 100.0% |

Budget Narrative:

Like many youth development programs the success of the project often depends on the talents and time committed by the organization to ensure success. Each organization in the state has committed to funding 50% of this project. This program will require 5 fulltime Program Directors (one per organization average salary-\$29k) and 9 pt staff members (one per site average \$9K) The Program Directors will be in charge of the overall program to assist with the planning, the supervising and the evaluation of the project. Additionally, each Clubhouse will have a part-time staff to implement the program which will be supplemented with peer leaders, adult volunteers and community leaders.

The Boys & Girls Clubs in Idaho are committed to making this program work and have committed \$147,030 to partner with the state to educate our young people on the dangers associated with methamphetamines, alcohol, tobacco and other drugs.